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## MUSIC THERAPY AND ITS APPLICATION ON LIVING BEING

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**Music Therapy:** Music therapy is a type of **Expressive Art Therapy** that is used to improve and maintain the Physical, Psychological, and social well beings of individuals. It is a powerful and effective technique of treatment for physical and mental disorder through various Music forms like singing, listening to melodies, chanting or playing musical instruments.

Music is the voice of God itself and hence so pure and powerful that it can barge deep into our souls in the simplest way and soothe it. Every living creature in this world understands the language of music – be it plants, fishes, animals or birds, all get amused by music.

In the present socio-economic–political scenario man has sacrificed happiness in quest for materialism. There are comforts of life, but those comforts of life are without peace and happiness. Today man is suffering from various mental disorders and physical problems. And in this context music plays a vital role for providing relaxation and mental peace.

The ancient Medical Science of India, known as *Ayurveda* has a branch that details how Music can heal a variety of ailments of the body and mind. This process of specific application is called *Raag Chikitsa or Raag Vidya*. Music has tremendous healing powers for treating persons with mental and physical ailments. As recommended in *Ayurveda*, *doshas* like *Vat, Pitt and Kaph* can be controlled effectively through music therapy. Music stimulates pituitary glands and ensures its normal secretions. It ensures healthy functioning of the nervous system and flow of blood through vibrating the cells of the body. The right selection of music is essential for the treatment of various types of diseases. Music has been used in medicine for thousands of years. Ancient Greek philosopher believed that music could heal both the body and the soul. Native Americans have used singing and chanting as part of their healing rituals for Millennia. Evoking specific feelings and moods within the mind, body, and soul of the listener is what Indian Music is about. If a patient listens to his favorite music for 30 minutes a day his blood vessels cleared and he can be prevented from various physical and mental disorders.

Who can benefit from Music Therapy?

There are tremendous benefits of Music Therapy. Because of its diverse Nature, Music can be applied in the treatment of both physical and psychological concern because it can evoke positive emotions and stimulate reward centers in the brain. Music therapy is often able to alleviate symptoms of mental health concern such as, -- Depression, Anxiety, Mood related concern, Schizophrenia - (a type of mental disorder), Autism, personality issue, Insomnia, Dementia etc. Music therapy have shown positive results among people suffering from both intellectual and physical disorder such as brain injuries, or Alzheimer. This type of therapy has also been used in the treatment of physical ailment such as Cancer and Hypertension. All these types of therapy is being facilitated by the trained therapists in Hospitals, Rehabilitation Centers, Schools, Nursing homes and Hospices.

- a.) Music removes learning disabilities of children and is helpful in Autism too.
- b.) Music cures Insomnia, Depression, Epilepsy, Strokes, Asthma and Dementia.
- c.) Appropriate Music is very helpful in mood related concern like tension, anxiety, anger, blood pressure and different types of emotions.
- d.) Music cures headache, abdominal pain and disorder, and restores proper functioning of the liver.
- e.) Researches prove that Plant also respond to music favorably as do animals and birds.
- f.) Music reduces stress levels, eases labor pains and facilitates smooth delivery.

Recital of Sanskrit mantra '**OM**' in a rhythmic way purifies mind-body, controls heart beat and pulse rate, decrease stress hormones and improves immune system as well.

Hindustani classical music in which seven notes have been taken from various sounds of nature and from birds, animal and composes therewith different ragas has great therapeutic values.

The seven basic notes of Musical Octaves: **SA , RE , GA , MA , PA , DHA , NI** have a one-to-one correspondence with the seven **Chakras** in human body. For instance the lower most **Moladhar Chakra** is associated with the **Swar 'SA'**. **Swar 'SA'** implies that the practice of chanting this sound will awake this particular chakra and it has successive correspondence with the other **Swaras**. The effect of a Raag on the physical body is due to the link between certain sounds and frequencies with the **Chakras**, the seven **Energy Centers** of the body. For instance the **Nabhi Chakra** which governs the solar plexus and stomach area is said to be aided by Raag Abhogi, Malkauns / Hindolam, and Bhimpalasi.

The original raagas of the Indian Classical Music were created on the hormones consonance between the seven Swaras and the chakras. It has significant effect on mind and body system. Scientific research into the effects of certain instruments on the environment has produced some unusual findings too. Sri Jagdish Chandra Bose investigated the effect of Shankh (conch shell) blown during religious ceremonies. He claimed that it rendered disease causing bacteria dead or ineffective as far as the sound penetrated. Other researchers have concluded that blowing the Shankha or ringing bell in a subtle and in systematic rhythm could potentially be recommended as a cheap and effective way of treating physical health complaints, as well as helpful for sufferers of hysteria, epilepsy and leprosy. As Plato said 'Music and rhythm find their way into the secret places of the soul'.

The Sam Veda mentions that the human body is dominated by three doshas (fault) : **Vat , Pit , and Cough** and that the disease related to the particular doshas ( fault ) can effectively be cured by **Raag Chikitsa**. Music therapy is an interpersonal process in which the therapist uses music and all its facets – physical, mental, social, aesthetic and spiritual to help patients to improve and maintain their health. **Raagas** are classified according to the

most appropriate time of the day to be sung or played and to the predominant *Ras* or emotion that they evoke. Symphonies of raag have a soothing effect on mind as well as body. Music has a direct relation with mind and any ailment connected to the mind like depression , mania , insomnia , negative emotions , pain , restlessness can be managed with music.

For example:

**Raag Bhairvi** – (suitable time of practicing is dawn/Early morning) has been found to uproot the disease of cough, sinus, asthma etc.

**Raag Aasawari** – (suitable time is second half of the day or Afternoon) helpful in Indignation and Hypertension.

**Raag Bageshwari** – (suitable time is midnight) helpful in Insomnia.

**Raag Bhimpalasi** – (suitable time is Evening) helpful in Anxiety , Hypertension.

**Raag Brindawani Sarang** – (suitable time is Afternoon ) helpful in Depression.

**Raag Chandrakauns** – (suitable time is third hour of the night) helpful in Heart Disease.

**Raag Darbari Kanhra** – (suitable time is midnight) helpful in Insomnia , Headache , Asthma.

**Raag Gujri Todi** – (suitable time is second half of the morning) helpful in Cough and Cold

**Raag Gunkali** -- (suitable time is first half of the day) helpful in Rheumatoid Arthritis ,constipation Headache, Piles.

**Raag Hindol** – (suitable time is first half of the day) helpful in Backache and Fever.

**Raag Jaijaiwanti** – (suitable time is midnight) helpful in Insomnia, Headache, Mental disorder, Anxiety.

**Raag Kedar** – (suitable time is first half of the night) helpful in Headache, Cough, Cold, Asthma.

**Raag Kafi and Khamaj** – (suitable time is evening and midnight) helpful in Sleep Disorder.

**Raag Marwa** – ( suitable time is evening) helpful in Indigestion.

**Raag Puriya** – (suitable time is evening ) helpful in Colitis and Insomnia.

**Raag Puiya Dhanashri** – (suitable time is evening ) helpful in weakness and Anemia.

**Raag Shree** – (suitable time is fourth half of the day) helpful in Common Cough and Cold.

**Raag Shyam Kalyan** – (suitable time is Evening time) helpful in Cough and Asthma.

**Raag Kalyan** – (suitable time is Evening ) helpful in Palpitation, Rheumatoid Arthritis.

Each musical note has its own psychological effect independently. Each Musical note is deeply connected to corresponding subtle and gross frequencies in the nature. And they are associated with the nine *Ras* of human life too. Each note expresses different emotions.

**The Nav Ras behind seven basic Swaras:**

**SHADAJ** – ( Sa ) and **RISHABH** ( Re ) are associated with heroism, wonder, warmth, and their permanent expressions are excitement ,amazement, astonishment, and anger .

**GANDHAR** – ( Ga ) and **NISHAD** ( Ni ) are associated with Calmness , Compassion and Tranquility .It expresses the feeling of sorrow, mourning and peace.

**DHAIVAT** --- ( Dha ) is used for abhorrence and terror. Their permanent expressions are action, thrill and fear.

**MADHYAM – ( Ma) and PANCHAM (Pa)** are for mirth and conjugal love and its permanent expressions are pleasure, joy, amusement ,humor and fun etc.

Thus by **Raagas** in which a particular note predominant *wadi swar* or *samvadi swar* ,the feeling conveyed is associated with that particular note accordingly by the corresponding reaction.

Different raagas produce different emotions particularly the **Nav ras**. All the soft emotions like tranquility serenity etc are produced by *komal swarsthanas*. Raag Todi Bhairavi Bhairav etc come under this category. *Teevra swarsthanas* are a result of sharp semitones and produce robust feelings , enthusiastic activity and remove dullness. Raag Marwa , Kalyan , Purvi etc come under this class.

Repeated listening to a particular raag chosen for a particular disease produces a network of sound vibration. The muscles nerves and the chakras of the affected part are contracted when one impulse is provided and relaxed during the interval between two impulse. The musical notes therefore promote the flow of blood to affected areas to facilitate healing.

There is hardly a culture in the world that does not recognize the healing power of Music. In biblical times, it is said that David played the harp to rid King Saul of a bad spirit. as early 400 B.C. Hospitals in the Arab world contained music rooms for the benefit of the patients. The first structured use of music therapy in the western world was considered to be in the aftermath of World War 1 and 11, when Musicians would travel to hospitals, particularly in Britain, and play Music for soldiers suffering from war related emotional and physical trauma.

As the story goes in 1933 the Italian dictator Mussolini a known insomniac just could not go off to sleep. Everyone was worried Pandit Omkar Nath Thakur the great singer was in Europe. He was contacted and it was his Raag Puria which put Mussolini to sleep in just 15 minutes. It has been witnessed and certified in the history that the great medieval Musician Tansen had liquidated the stones with the power of his music by singing Raag Deepak and evoked rainfall by singing Raag Miya Malhar and it is said that he created Raag Darbari Kanara to soothe Emperor Akbar s 'stress in the evening. There are several such evidence in the history.

Today, the successful impact through music therapy has created a need for specialized training in the appropriate delivery of Music as a therapeutic method.

Gradually, Colleges and Universities in many developed Countries began to include Music Therapy as part of their curriculum, beginning with **Michigan state University** in 1944. In 1950, the first major professional organization for Music Therapists was formed and it became known as the National Association for Music Therapy (**NAMT**). In 1998 the American Music Therapy Association (**AMTA**) was formed out of a merger between the **NAMT** and the American Association for Music Therapy. The **AMTA** focuses on increasing awareness and access to Music Therapy services while promoting the advancement of education, training, professional standards and research in the field of Music Therapy. In 1944, Michigan state university established the first Music Therapy Degree program in the world. Scientifically studies have shown the value of Music Therapy on the body, Mind and the Spirit in children, adults and other living creatures.

#### Training for Music Therapists

Those wishing to become a Music Therapist must have at least a bachelor's degree in Music Therapy from an institution approved by the American Music Therapy Association (**AMTA**)

Music therapy programs involve coursework as well as an internship in an educational and /or health care facility. After successfully completing one of the AMTA approved programs individuals must take the national examination offered by the *Certification Board of Music Therapist (CBMT)*. If they are successful in the examination, they receive the credential Music Therapist – Board Certified (*MT-BC*) which is required for professional practice.

So Music therapy is an effective tool where the sound, scale, variable pitches, and frequencies are being implemented by the expert musicians scientifically to reach out, communicate and evoke a magical response within the mind, body and soul of a person.

Now Music Therapy is no more a subject of article only, the entire subject is now in the experimental and implementation stage and data are rapidly accumulating and their Ancient system is gradually being transformed into modern science. According to researches Raagas have tremendous therapeutic value and it can be good media for perfect and fruitful treatment. But the most important thing is availability of efficient doctor cum musicians. Now all the developed countries have well recognized the amazing healing power of Music through the implementation of various Raagas.

***‘Sangeet hai Shakti Ishwar ki***

***Har Sur me basse hain Ram***

***Ragi Jo Sunaye Ragini***

***Rogi ko Mile Aaraam’***

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